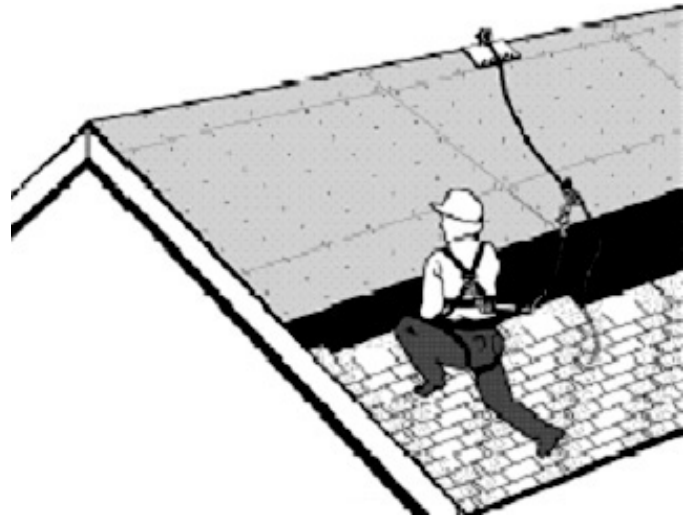
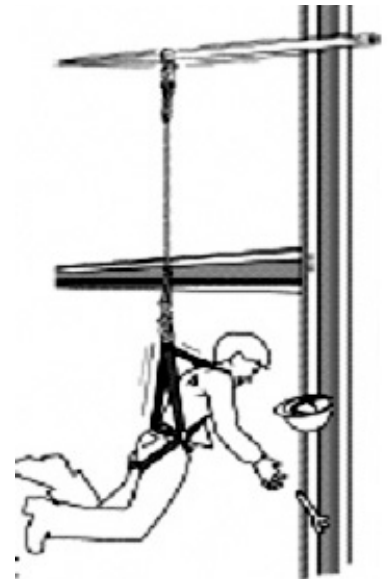


- The lifeline must be secured to an elevated point of anchorage or structural member capable of supporting a weight of 5,000 pounds (Figure 2).
- To prevent serious injuries due to acceleration, the maximum free fall distance must be limited to 6 feet.
- Get help from a competent person to set correctly the anchorage point and the clearance distances for shock-absorbing lanyards or retractable lifelines (Figures 2 and 3).



**Figure 2.**

This worker on a roof is protected by an anchorage point, a lifeline (drawn vertically in the Figure), and a lanyard with a deceleration device connected to his harness.



**Figure 3.**

With a personal fall arrest system, the maximum free fall is limited to 6 feet to prevent serious injury. The total fall distance must also account for the activation of the deceleration device. Seek advice of a competent person in assembling the personal fall arrest system.

## Housekeeping and Access at Site

- Keep all walkways and stairways clear of trash, debris, materials and tools to prevent tripping.
- Do not accumulate boxes, scrap lumber and other materials. Put them put in a dumpster or trash/debris area to prevent fire and tripping hazards (Figure 4).
- Provide enough light for workers to see and to prevent accidents.